

Daily Word



A UNITY PUBLICATION
FEBRUARY 1957

Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

PRAYER FOR ILLUMINATION (11 a.m.): "God is love," and His love radiating through me gives me increased understanding.

PRAYER FOR PROSPERITY (12 noon): Quickened into a new feeling of God as love, I am a magnet for riches of every kind.

PRAYER FOR HEALING (9 p.m.): In the feeling of God's great love, I am radiant with health.

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DAILY WORD

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Come Ye Apart Anwhile

MAY ROWLAND

The author, who is the director of Silent Unity, stresses the importance of complete relaxation in God. The following article outlines a prayer procedure that has proved helpful to many, many persons.

THERE are a number of methods through which we may learn the art of relaxation and meditation. Many persons ask us to teach them how to relax, how to meditate, how to pray in order to become healthier, happier, and more successful in their daily living.

As a first step in the practice of relaxation we always acknowledge the one presence and one power, God, the good omnipotent. Then we quiet our emotions and our thoughts by saying, "Be still, and know that I am God."

We think about God's love surrounding, infolding, and protecting us. We feel very close to God. "Underneath are the everlasting arms."

Say to yourself, "Love divine is over all. No evil shall befall me." Meditate on this idea for a few moments, and you will feel a great peace. Say to yourself, "I relax in mind and body. I feel the

peace of God. I rest in His loving presence." Think of surrendering your entire being to God—spirit, soul, and body. Take a deep breath, relax, and let go.

Then direct your attention to your feet. Think how wonderful they are to support you. Relax your toes. Think of your feet as relaxed. Think of the arch of your foot as relaxed. Let go of any feeling of being cramped or tense. Think of the back of your legs and the back of your knees as relaxed. Think of the small of your back and your spine and say, "Relax and let go." Say to yourself, "I am relaxed, and I feel relaxed." Think of "letting go" through the shoulders. Some persons literally push themselves out of the body by thoughts of hurry and anxiety. Relax your shoulders and settle back into your body, which is the wonderful temple of the living God.

Feel relaxed in every part of your body. Relax through your neck and the back of your head. As you read this, feel relaxed. Through the forehead and between the eyes, relax and let go. Say to yourself again, "I relax and let go." Remind yourself that you are relaxing into the harmony of the presence and power of God, that in God you live and move and have your being. Relaxation comes to your mind and body through a feeling of trust in the presence and power of God.

Continue with the thought of letting go of all tension, thinking especially of the throat and chest, then the solar plexus, then down through the organs and functions of the body, and again to the toes.

Say, "I am free from tension, stress, and strain, and I surrender myself entirely to God. I know that underneath are the everlasting arms. I am at rest. I am at peace in mind and body. From the top of my head to the soles of my feet, I feel relaxed. I am calm, serene, relaxed. I feel God's peace filling my mind and body. I rest in the wonderful peace of God."

After quietly practicing the art of relaxation for a time, turn again to the idea that your body is the temple of the living God.

Through relaxation and meditation you have prepared the way for an outpouring of the Spirit into every part of your being.

Now with the attention at the top of the head use the words of Jesus: "I am the light of the world." He not only said, "I am the light of the world," but also, "Ye are the light of the world." Think of the wonderful, radiant light of the Christ. See it shining through every part of your being. Feel that you are all aglow from the top of your head to the soles of your feet. The body is composed of trillions of atoms and at the center

of every atom is light. We are commencing to realize that we are not just mass and material but that we are essentially indestructible spiritual substance, light, and intelligence.

Think about your eyes and say "Not my will, but thine, be done." Meditate on this idea and it will be shown you what you need to release in your thinking. Bless your eyes with the words, "Blessed are my eyes, for they see clearly, distinctly, and perfectly."

Through the relaxation practice you free your eyes from tension and strain, and when the strain is removed they respond quickly to the idea of seeing easily and clearly. Follow the same idea with your ears. Say, "I am God's loving and obedient child. Blessed are my ears, for they hear easily, clearly, and distinctly."

Now with the attention directed to the throat, say, "All power is given unto me in mind and in body."

Many times we let conditions and circumstances rule us, instead of asserting the spiritual power and mastery that are within us. Power is given to man in his spiritual nature; and, when you recognize and use the power that is within you, you will be freed from anxiety and from confusion in your world.

Now with the attention at the back of the neck

say, "I am not bound in personal consciousness, I am free with the freedom of Spirit."

A phase of personal consciousness we especially want to be free from is that phase that tries to direct the lives of other persons into some particular pattern we have made for them. Relax. Release other persons and their affairs. Turn them over to the loving care of God. Love your family and your friends, but let their own indwelling Christ direct them.

Also, when we are free from personal consciousness we are free from the tendency to gossip, to criticize, or to take offense. These are surely phases of personal consciousness from which we wish to be free.

Think now of your shoulders and say: "My yoke is easy, and my burden is light." Then imagine a yoke of light extending from your chest around your shoulders. Make it a yoke of light in your imagination. Place your burdens in the light of Christ, and they will be dissolved.

For the small of the back, affirm: "I am strong in the Lord, and in the power of His might." You will immediately feel your back straightening up.

Now turn in loving thought to your lungs and say, "I breathe the breath of life freely and easily." Breathe deeply and be at peace.

With your attention centered at your heart, bless this wonderful organ, intended as an instrument through which the love of God is to be expressed. We have placed many burdens upon our hearts. Let us free them now by accepting the forgiving love of Jesus Christ. With your attention toward your heart say, "The forgiving love of Jesus Christ sets me free from mistakes of the past and the results of mistakes of the past." The power in the name of Jesus Christ will purify and cleanse your heart. Now feel that God's love, a clear, pure stream of love, is flowing in and through your heart, through your blood stream, a cleansing, healing, purifying restoring power through your body.

Use these words, "God's cleansing, healing, purifying love flows freely through every part of my body, renewing and restoring me."

Think of the functions of your body and affirm divine order. "Divine order is established in my mind, in my body, and in all my affairs." Remember that our thinking is always from center to circumference. We first think of divine order as an idea in mind, which has action through the body and then out into our world of affairs.

Think of the wonderful life of God that animates you and fills you with enthusiasm and energy. All life is of God, so the life you are feel-

ing this very moment is the eternal life of God expressing itself through you, vitalizing every part of your body.

With your attention on the lower part of your body affirm, "The life of God is from everlasting to everlasting, and I live, move, and have my being in it." Then affirm for the whole body, "I am the ever-renewing, the ever-unfolding expression of infinite life."

Say this many times, and feel a response in the body of renewing life and energy. A scientist has said that if the atoms in the palm of the hand could be released there would be enough energy to power all the utilities of a city. Jesus knew the secret of releasing the atomic energy in His body; He resurrected it from the dead, and continues to live in this spiritualized body. He fulfilled His promise, "Lo, I am with you always."

Let us follow Jesus Christ in paths of peace and righteousness. Bless your feet with this prayer: "I walk in paths of peace and righteousness. Thy word is a lamp unto my feet, and light unto my path, and all is well."

Eventually, through the practice of daily prayer we shall find ourselves always attuned to the Spirit of God within. This is the goal we are seeking, to live always in the consciousness of the presence of God and to follow through in all of

life's activities in the awareness of unity with God.

As we learn to turn more and more often to the Spirit of God within for direction, our lives become less burdened, more carefree and joyous! It is wonderful to follow the direction of the Spirit of God within us. To relax and rest in His presence puts us in harmony with all life.

"And he saith unto them, Come ye yourselves apart . . . and rest a while."

AN INVITATION

FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, Unity, WUX, Kansas City, Missouri, by telephone BAaltimore 1-4720, Kansas City, Missouri, or by letter, Silent Unity, Lee's Summit, Missouri.

Unchanging

DOROTHY O'CONNOR

I watched the sun glowing behind soft light-filled clouds.

I felt the stir of familiar thoughts within me . . .

Times of watching sunset skies in so many places:

The end of the street;

From a windy perch on the sand dunes of the bay;

From trains and cars and planes.

What is this feeling saying within me?

Each experience, though set in places miles apart,

Is the same assurance of life and beauty and eternity,

Even as I ever watch the same sun.

Central is my life, one-pointed in God.

Single is my view of Him.

Though the places change and I change my vantage point:

From the end of the street;

The windy perch on the sand dunes of the bay;

From trains and cars and planes . . .

Yet do I know with growing steadiness of heart and mind

That God and I and eternity are one.





The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From Pennsylvania:

How can I begin to express my gratitude which comes from an overflowing heart.

Over a month ago the son of one of the salesmen in our office went to the hospital for a heart operation. He was a boy just graduated from high school. Although his parents were a little dubious about his undertaking the operation, he was quite confident about it. The operation was performed

successfully but he failed to regain consciousness. After the boy had been in a coma for several days, the doctor finally announced that an air bubble had got into the system and gone to the brain, destroying it completely. It was, the parents were told, very unlikely that he would ever regain consciousness, and if he did he would know nothing and recognize no one—in short, he would be nothing more than a vegetable. They didn't, however, hold much hope for his living very long.

It was when that story came around that I heard about him for the first time. Though I didn't know him and knew his father only slightly, I felt I just had to offer some help. So I sat right down and wrote a letter to his parents, telling them about you wonderful people, and I inclosed several appropriate pages from my DAILY WORD. Then I started praying for him to know that he was right then manifesting the Christ intelligence and activity in every part of his body. I also prayed that the Truth could not be kept from him, for I knew that whether his parents contacted you or not my prayers were reaching out to you for your help.

Several days later I heard that the doctors said he still hadn't shown any sign of regaining consciousness, but that all of his organs (including his heart) were now functioning perfectly.

The next week I heard that on Friday his mother thought she saw his eyes move, so she went closer to him and started calling his name. He didn't answer, so she asked him if he knew her and he said "Yes, Mom." Then his father and aunt came into the room and he spoke to them and asked about his uncle.

The doctors said it was a miracle and everyone was overjoyed.

At first he was paralyzed and could only move his head, then he got the use of his legs and finally, he is now beginning to be able to move his arms a little.

He has eaten well ever since he regained consciousness. And, his nurses say, since he started talking they haven't been able to shut him up. He has been playing games of his own devising with them such as naming baseball players and their teams, which shows that nothing is wrong with his mind. They were taking him home last Friday.

From Michigan:

I was sick for five months, six weeks of that time having been spent in the hospital. I read my DAILY WORD and *Weekly Unity* every day and it helped me to be cheerful all through my sickness. Then I began to tell the other patients about the things I read and would pass my DAILY WORD and *Weekly*

Unity to them. The nurses also became interested and they would read *Weekly Unity* on their lunch hour. It wasn't long before we were all looking forward to our *Weekly Unity*. One of the patients was very nervous. She had never been hospitalized before and was supposed to have a local operation which she dreaded. She read my DAILY WORD and the poem "Freedom" was of great help to her. We talked about faith and I told her to pray. We both prayed and, although we did not know it, her daughter was praying the same prayer, asking God to direct her in the right way about this operation. She could only walk about two blocks. Her legs moved with difficulty. But the doctor had said it was impossible for the incision to heal because there was no circulation, and they would have to do plastic surgery. So we prayed to God and the next day my friend was dismissed from the hospital. Today she told me she can walk more than ten blocks with no difficulty whatever. Now she is happy because she knows that God will take care of her. She is trusting for everything. Friends, I feel that my stay in the hospital is well paid for; not only did it make me stronger but I feel that I have helped someone to find the joy and reality of trusting God. I am back on my job, feeling fine, and I do hope that I can continue to help others through DAILY WORD and *Weekly Unity*.

FEBRUARY 1

Friday

LOVINGLY IN THE HANDS OF THE FATHER I PLACE ALL MY AFFAIRS. I KNOW THAT ALL THINGS WORK TOGETHER FOR GOOD.

WHAT A joy it is to know that I have a wise and loving Father! What a wonderful feeling this is to carry in my heart day by day! What strong support this gives me when there are problems to be solved and important decisions to be made!

Each day I place my affairs lovingly in the hands of the Father. I trust Him to guide me in my decisions and activities. I know that all things are working together for my good.

When I am attuned to the Father in love, I know that all things, even the seemingly unpleasant ones, are working together to bring about ultimate good, and I am not influenced by appearances. I know that God's love and wisdom are in my mind and heart to guide me in handling everything in a right and perfect way.

Lovingly in the hands of the Father I place all my affairs, knowing that all things are working together for good.

♣ *To them that love God all things work together for good.—ROM. 8:28.*

Saturday

FEBRUARY 2

CHRIST WITHIN ME IS THE SOURCE OF MY
PEACE, POISE, AND UNDERSTANDING.

I TURN to the source of inner peace, poise, and understanding at the heart of my being. Regardless of any appearance of disorder or confusion in my life and affairs, I know that through Christ I can do all things. Through affirming the presence of Christ in me I increase in understanding. I am able to meet the situations of the day. I am able to solve whatever problems may arise.

Through Christ in me all inharmony is dissolved. Through Christ in me I see all persons through the eyes of love. Through Christ in me I am filled with patience and with a forgiving spirit. Through Christ in me I am free from all limiting thoughts about myself, and I set all other persons free in my thoughts about them. I know that all persons have Christ in them and that He is working in and through all to guide, to inspire, to lead into paths of light.

In the stillness of prayer, great peace comes to me. I am filled with the assurance of the living Christ presence.

♣ *The mind of the Spirit is life and peace.*—ROM. 8:6.

FEBRUARY 3

Sunday

I HAVE FAITH THAT GOD IS WITH MY DEAR ONES, AND THAT HE IS BRINGING THEM INTO AN AWARENESS OF THEIR CHRIST NATURE.

As I think about the way in which God has met my needs, the unfailing, unerring guidance and direction He has given me, the rich experiences He has brought me through, I unhesitatingly place my dear ones in His care and keeping. I am certain that wherever my dear ones are, wherever they go, whatever they do, God's presence is constant.

In releasing my dear ones to God's care, I too, am released. I am released not only from fear and anxiety but from the desire to impose my will and my way upon my dear ones.

Each day I place my dear ones in God's care and keeping. I am free from worry or anxiety concerning them. I know that God is with them to give them sure direction, insight, and understanding. I rejoice that they are learning and growing, that they are awakening to a new awareness of their Christ nature.

*Whither shall I go from thy Spirit?
Or whither shall I flee from thy presence?*
—PSALMS 139:7.

Monday

FEBRUARY 4

I LIVE IN THE PRESENT.

CHARLES FILLMORE says, "If you have even a partial understanding of the power of thought, you will not talk about the past. . . . You are I AM, and both the past and the future are concentrated in your now."

The way to learn to live successfully in the present is to turn your thoughts to God the first thing in the morning. Thank Him for His love and protection and other blessings. Ask His guidance throughout the day. Do each task in the knowledge that He is working through you, and lend your whole self to His will and His work. Live each day to the glory of God. Know that He is with you, that He needs you, and that He loves and cares for you. You are His child.

Now is the only time. Into this new day you need not bring a single burden of the past. You are free to live happily today. Into this new day you need not bring a single worry about the future. You can give the whole substance of your thoughts and efforts to living successfully today.

This is God's day.

♣ *This is the day which Jehovah hath made.*—PSALMS 118:24.

Tuesday

FATHER GOD, TEACH ME HOW TO THINK.

I REALIZE that through my thinking I make and shape the conditions and circumstances in which I live. Father, teach me how to use this gift you have given me—the ability to think. I would think the thoughts that will bring forth the rich, happy, successful, purposeful life You have planned for me. I would think Your thoughts after You.

Father, my mind is open to Your teaching Spirit. Teach me how to think clearly, effectively, faithfully; how to concentrate my thoughts on Your eternal presence within me; how to set aside all thoughts of negation and limitation; how to center my attention on ideas of life, love, wholeness, abundance, courage, strength, and accomplishment.

I would make my thinking a positive, constructive force for the establishment of order, happiness, peace, and good will on the earth.

♣ *Whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report . . . think on these things.*
—PHIL. 4:8.

Wednesday

FEBRUARY 6

VITALITY AND STRENGTH ARE CONTINUALLY FLOWING FORTH INTO MY BEING FROM THE INEXHAUSTIBLE FOUNTAINHEAD OF DIVINE LIFE WITHIN ME.

MY VITALITY is inexhaustible, and my strength is constant, for they are nourished by the Christ life within me.

My vitality and strength are not determined by age but by the Spirit that is ageless and eternal.

The indwelling life of Christ is providing me with the strength I need to meet life in a most energetic and efficient manner. My consciousness of strength need never wane. As I keep my thoughts centered in the divine power within me, my whole being continually receives an infusion of invigorating power.

Christ is my strength and He is the source of my vitality. I am alive in every particle of my being, for His life fills me forever.

Vitality and strength are continually flowing forth into my being from the inexhaustible fountainhead of divine life within me.

✦ *They that wait for Jehovah shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary.—ISA. 40:31.*

FEBRUARY 7

Thursday

TODAY I LET A FEELING OF GRATITUDE FLOW
THROUGH ME, AND I AM AT PEACE.

DO YOU feel depressed for no apparent reason? Perhaps you have forgotten to let gratitude flow through you. A thankful man is a happy man. Begin to give thanks to God for every good thing and let a feeling of sincere gratitude carry away all sense of depression.

Start the day by being grateful. Get out of bed in the morning with a prayer of gratitude on your lips for the blessings you have received and the blessings in store for you.

Remember that you are companioned by a Father who loves you, who is always with you as your comforter and friend. God is able at all times to raise you up out of a fog of worldly hurts, disillusionments, and fear into the sunshine of His love.

Say many times during the day, "Father, I thank You for Your love, Your strength, Your courage, Your joy, and Your wonderful peace."

✦ *Rejoice in the Lord always: again I will say, Rejoice. . . . In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.—PHIL. 4:4, 6.*

Friday

FEBRUARY 8

THERE IS NOTHING TO FEAR. GOD, OMNIPOTENT GOOD, IS THE ONLY PRESENCE AND POWER.

AS WE perceive that God is the only presence and power, we learn to trust Him absolutely with all our affairs. Whatever problems confront us, we face up to them fearlessly, for we know that God's wisdom is guiding us every step of the way. We remain poised in the knowledge that God's protecting love surrounds us.

As we meditate on the all-goodness of Spirit, the peace of God touches us, making us tranquil and serene. The conflicts of the outer world fall away from us, and our thoughts grow crystal clear. God's strength becomes our strength, girding us to cope triumphantly with the issues of life.

God, knowing the innermost promptings of our hearts, looks with approval on our earnest efforts to draw close to Him. He watches our growth, encouraging us along the way. He says to us in the silence of our souls: "Walk tall and straight, child. Walk strong and true."

♣ *The Lord is the strength of my life; of whom shall I be afraid?*—PSALMS 27:1 (A.V.).

FEBRUARY 9

Saturday

TODAY I EXAMINE MY LIFE TO SEE WHETHER I AM LIVING ALL THE TRUTH THAT I KNOW.

IT IS not always easy to express in thoughts, in words, in actions as much of the Truth as we know. Sometimes doubts creep into our minds. Sometimes we find ourselves speaking thoughtlessly or acting hastily.

Today I would stop and take stock. I would watch my casual thinking. I would put a guard at the door of my mind to turn away the thoughts I do not want to become part of my consciousness. I would watch my speech and hold back the thoughtless, careless word or phrase that might hurt another. I would not create negative pictures that I know are not true in reality.

I would watch the things I do in order that I may act only in accordance with my developing Truth consciousness. I would look at my life to be sure that I am not omitting things which, in accordance with Truth, I should be doing.

Dear God, help me to live all of the Truth I know, in order that I may constantly expand my consciousness of You.

♣ *Examine yourselves, to see whether you are holding to your faith. Test yourselves.—II COR. 13:5 (R.S.V.).*



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Thought Is a Lonely Tower

JAMES DILLET FREEMAN

Thought is a lonely tower, but rises high.
I would my thinking were as unconfined
As bird or clouds, as wide and free as sky.
God, I would keep the high watch in my mind
Where I can see things whole and see them true;
Above my walls and rooftops I would rise
Where I can have an unobstructed view.
Beyond the heart's horizons of surmise
Are truths more splendid than imaginings,
Higher than even hopes; and mind, once free,
Can make a farther flight than any wings,
Clear to the reaches of reality.
And God, I labor upward toward thought's height
So that I may send forth a surer light.

Sunday

FEBRUARY 10

I AM THE FATHER'S BELOVED CHILD.

I AM GOD'S CHILD and I am filled with the deep awareness that He loves me. He forgives past mistakes and leads me into paths of wisdom. He surrounds me with His loving protection, and I know beyond all doubt that no harm can come to me when I trust in Him. The negative words and deeds of others cannot offend me or touch me, for my heavenly Father lifts me above all negation. He reveals to me all that I need to know. He blesses me with every good and perfect gift.

I know that God loves me, that He sets me free from fear and fills me with poise and courage. The Father's love for me awaits me at every turn, and I make myself receptive to it. Wherever I am, my Father is. I am so imbued with the consciousness of His love for me that I in turn express love for all His children and attract His love to myself. I know no loneliness, for I am deeply aware of God's presence ever with me.

*How precious is thy lovingkindness, O God!
And the children of men take refuge under the shadow
of thy wings.*

—PSALMS 36:7.

I LET PATIENCE HAVE ITS PERFECT WORK.

As I pray I do not let myself become impatient concerning results. I remind myself that prayer works from within out, even as a seed begins its growth beneath the surface of the soil. Though I cannot see results with my eyes, I know that within my consciousness the healing process is even now mightily at work, unfolding its perfection degree by degree. I "let patience have *its* perfect work."

No prayer is in vain. Every prayer I pray acts like rays of sunshine on the seeds of perfection that God has implanted in my soul and draws this perfection a little bit closer to the moment of manifestation.

I keep on praying and praying and praying—never anxiously and impatiently, but always calmly and with infinite patience. I know that as I quietly but steadfastly persist in keeping my vision on the healing presence of God my patience will be rewarded, and God will perfect that which concerns me.

I am poised and patient and trusting today.

♣ *Let us run with patience the race that is set before us.*
—HEB. 12:1.

Tuesday

FEBRUARY 12

I TRUST GOD TO BRING FORTH PERFECTION
IN ALL THAT CONCERNS ME.

As individuals in this growing and changing world we need always to keep our minds and hearts open to the idea that life is never static, that life means growth and growth means change.

We will not be distressed, dismayed, or bewildered by changing circumstances, by new patterns that appear in our way of life when we remember that God stands back of all. Let us keep faith in God, let us keep faith in His good, let us bless changing conditions and circumstances and know that good can be the only outcome, for there is a pattern of perfection underlying all that appears.

When changes are taking place, there may be momentary confusion or lack of order, but God is there, working ceaselessly to bring forth perfection in all that concerns us.

Let us not resist change, let us not resist new ways of thinking and living. Let us keep faith in the unchanging goodness of God.

♣ *Therefore will we not fear, though the earth do change.*—PSALMS 46:2.

I DWELL IN THE SECRET PLACE OF THE MOST HIGH.

NO MATTER how fiercely the storm may roar about me, I keep my vision centered and poised in the presence of Christ within me. Within my soul there is a quiet place which none of the storms of life can disturb—the quiet place where the Christ abides. This quiet place in my soul is my refuge and my fortress, and when I enter therein through prayer, and rest in His healing presence I find myself wonderfully and completely immune from disturbing influences.

When I dwell in the secret place by fixing my vision calmly but steadfastly on the Christ, no evil can befall me, neither can any plague come nigh my dwelling.

When I dwell in the secret place I do not seek to escape from reality, but rather by means of this inner stillness I gain inspiration and courage to face the issues of life with renewed strength and faith. To keep my vision on the Christ within is to have peace.

♣ *Thou wilt keep him in perfect peace, whose mind is stayed on thee.—ISA. 26:3.*

Thursday

FEBRUARY 14

FATHER GOD, TEACH ME HOW TO LOVE.

I KNOW that God is love. I realize that the true nature of God's Spirit within me is love, and that I can give complete expression to my real self only through love—love of God and love of my fellow men. I know, too, that the love that I have expressed and experienced is but a small part of the love of God. Only God's teaching Spirit can reveal the depths and wonders of His love, and in this realization I turn to Him in prayer.

Father God, teach me how to love; how to love You; how to know You; how to understand and appreciate Your love for me; how to serve You; how to fulfill Your loving plan for me. Teach me how to let You love through me; how to express Your love in my every thought, word, and act. I am thankful for the great gift of Your love; teach me how to accept it now.

Teach me how to love; how to love my neighbor as myself; how to love every man, woman, and child, regardless of color, creed, or nationality; how to be patient, kind, and forgiving.

♣ *Thou shalt love the Lord thy God . . . Thou shalt love thy neighbor as thyself.*—MATT. 22:37, 39.

Friday

I SERVE GOD JOYFULLY, AND HE BLESSES ME
AND WORKS THROUGH ME TO BLESS OTHERS.

IF YOU love the work you are doing, it will be easy to think of yourself as serving God, and blessing others through your work. But whether the work you are doing seems the right work for you or not, you can find new joy in doing it by thinking of it as a service to God.

As you begin each new day, say quietly within yourself, "I serve God joyfully, and He blesses me and works through me to bless others." You will be surprised at how this will change your feeling toward your work, toward yourself, and toward those whom your work serves.

Whether you are engaged in the humblest task or in a position of great responsibility, your work can mean more to you and those it serves if you think of it as a service to God and do it joyfully and lovingly.

If you have greater abilities than are being used in your present work, the way to new and more pleasant and rewarding work will open to you as you serve God where you are.

♣ *I will bless thee . . . and be thou a blessing.*—GEN. 12:2.

Saturday

FEBRUARY 16

I NOW LET GO OF ALL NEGATIVE HABITS OF THOUGHT AND ASSERT MY TRUE NATURE, WHICH IS CHRISTLIKE.

THE HABIT of condemning myself and others, the habit of thinking negatively is not of God. I now let go of all negative habits of thought and assert my true nature, which is Christlike.

I form a new attitude toward life. I learn to assert my Christlike qualities of love, understanding, patience, wisdom, and intelligence. I increase my awareness of the Spirit within me through daily prayer. I lift up my mind and heart to God; I let His perfect Spirit penetrate my thoughts, words, and actions.

Negative habits of thought can be broken by the practice of the positive habit of prayer. Prayer fills me with a spirit of power. Prayer helps me to assert my Christlikeness. Prayer helps me to release the past, to rise out of limiting beliefs.

As I turn to God in prayer, I call forth the spiritual power that is inherent in me. I assert my true nature, which is Christlike.

♣ *I put thee in remembrance that thou stir up the gift of God, which is in thee.*—II TIM. 1:6.

FEBRUARY 17

Sunday

THE LOVING PRESENCE OF CHRIST IS EXPRESSED THROUGH ME AS TOLERANCE AND UNDERSTANDING.

TO BE tolerant and understanding of other persons and their needs means that we are to behold the innate Christ within them.

If we have the tendency to be critical or condemnatory of others, we must learn to replace these thoughts with thoughts of love and understanding. We must give others the right to freedom of expression, even if their ways are not our ways. When we behold the Christ in others and have faith in the inner Christ to guide and direct them, we can be more understanding and helpful.

If we are concerned about the well-being of another, let us bless him in the realization that the loving presence of Christ in him is his help. Let us see him growing in wisdom. Let us know that through Christ he has the strength to meet his problems and to make the overcomings that will lead him into successful living.

*There is a spirit in man,
And the breath of the Almighty giveth them
understanding.*

—JOB 32:8.

Monday

FEBRUARY 18

TODAY I PREPARE THE WAY FOR THE ANSWER TO MY PRAYER.

I REALIZE that I have a very important part in bringing about the answer to my prayer. I must prepare the way so that God can move easily and freely to bring forth the good that I desire, the good that I know He wants me to have. I know that it is my work to keep my mind and heart cleared of doubts and misgivings in order that God may have a clear and unobstructed channel through which to act.

I prepare the way for the answer to my prayer by releasing completely to God the situation about which I have prayed. Whenever the situation comes to my attention I bless it with the thought that God's power and love are at work, bringing about the right and desired result. If a doubt creeps into my heart, I dispel it immediately with the words both silent and spoken: "My faith is in God. I rejoice and give thanks that His power is at work establishing good now." Many times each day I make a positive affirmation of my faith in the almightiness of God at work in my life.

✦ *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.—MATT. 21:22.*

THE PRESENCE OF GOD WITHIN ME SATISFIES
THE LONGINGS OF MY HEART AND THE DE-
SIRE OF MY SOUL.

THERE IS within each of us the presence of God that includes all the things we want to be, that is the fulfillment of all the desires of our hearts. Every longing of our souls is satisfied as we turn within and find His presence.

Our soul hunger is not satisfied through outer things. God is never apart from us, so we do not have to go outside of ourselves to get help. There is instant strength and courage in the knowledge that right where we are, God is.

Let us to turn to the source of good within us for help when we are tempted to turn to outer things for satisfaction. Let us trust in Him to help us today and every day to find inner peace and soul-satisfying happiness. Let us remember to give others this blessing of strength also, and to trust God's Spirit within them to satisfy their longings in right ways and to bring their good to them.

Let us affirm: The presence of God within me satisfies the longings of my heart and the desires of my soul.

♣ *He satisfieth the longing soul.*—PSALMS 107:9.

Wednesday

FEBRUARY 20

THE FORGIVING LOVE OF JESUS CHRIST FILLS
MY HEART, AND I KNOW THE JOY OF FREE
AND FULL FORGIVENESS.

THE FORGIVING love of Jesus Christ now fills my heart and floods my entire being. I let go of any thought that others have injured me in any way. I let go of every feeling of bitterness and resentment. I refuse to believe that other persons are responsible for unpleasant conditions that may exist in my life. I do not blame others for situations that may appear unjust or inharmonious.

When the forgiving love of Jesus Christ comes into full expression in my heart, I freely forgive all. His forgiving love gives me such a feeling of inner peace and serenity that my heart is gladdened. I feel the warmth of the love that heals every hurt and cleanses every thought. Things that have seemed to stand in the way of my good are removed, for I know that in forgiving others I am forgiven. Every avenue of my being is now open to the inflow and outflow of the redeeming, healing love of Jesus Christ.

✦ *Forgive, and ye shall be forgiven.*—LUKE 6:37 (A.V.).

FEBRUARY 21

Thursday

I DARE TO BELIEVE THAT WITH GOD ALL THINGS ARE POSSIBLE.

TODAY I am not going to think or say "I cannot." I am going to meet every situation in my life in the confident realization that "I can do all things through Christ which strengtheneth me."

In the presence of disease I shall declare that Christ heals.

In the face of lack I shall declare that Christ supplies.

When my world seems in a state of chaos or confusion, I shall declare that Christ resurrects and restores.

When I find myself in the midst of inharmony, I shall declare that Christ adjusts.

I shall allow no appearance to frighten me into a sense of inadequacy or defeatism, but in every circumstance that arises I will hold my head high and declare, "Thanks be to God, who giveth me the victory through Jesus Christ, my Lord."

I dare to believe that with God all things are possible.

♣ *If ye have faith as a grain of mustard seed . . . nothing shall be impossible unto you.—MATT. 17:20.*

Friday

FEBRUARY 22

IN SINGLENESSE OF HEART I FOLLOW THE
PROMPTINGS OF THE DIVINE SPIRIT WITHIN
ME.

IT WAS said of George Washington, among other things, that "he had singleness of heart." When we have singleness of heart we are able to lift our heads above the clouds that seem to surround us. When we have singleness of heart, we do not find it hard to follow the command to love our neighbor as ourselves. When we have singleness of heart we are considerate of others; love overflows to others; our eye is on a vision of goodness and greatness, for we have faith in the divine pattern not only in ourselves but in all men.

Every age has revealed men and women with singleness of heart, who were devoted to the tasks at hand, whether they were the simple tasks of everyday living or whether they included issues that embraced nations. All of us can learn to follow the promptings of Spirit in singleness of heart.

♣ *Be obedient . . . in singleness of your heart, as unto Christ . . . doing the will of God from the heart.—EPH. 6:5, 6.*

FEBRUARY 23

Saturday

I AGREE WITH MY ADVERSARY QUICKLY BY
LOOKING FOR SOMETHING GOOD IN EVERY
SITUATION IN MY LIFE.

TODAY I am going to turn every apparent obstacle in my life into a blessing by looking for some good in it.

I will ask of the particular challenge that is before me, "What lesson is there in this for me?"

The person who has done something to hurt me is giving me an opportunity to develop the Christ quality of forgiveness within myself, so he is not my enemy at all.

Disappointments force me to turn to God and rely on His unchanging love, and so they are blessings.

Apparent lack provides me with the opportunity to be more grateful for the blessings I already have, and to draw on the inexhaustible supply of God.

Every challenge provides me with the opportunity to develop strength and spiritual power.

I do not admit of any evil in this universe, because in everything that happens to me I behold the good.

♣ *Agree with thine adversary quickly.*—MATT. 5:25.

Sunday

FEBRUARY 24

MY GUIDANCE IS FROM GOD, THE SOURCE OF ALL WISDOM.

WHATEVER I need to know, the answer is in God, the source of all wisdom and understanding. I relax from all worry or tension. I let go of human argument and reasoning. I become still. I think of the one presence in the midst of me, God, the source of everything I need. I am still. I listen for His clear guidance.

My mind is free from doubt. I no longer seek my own will, but I am willing that God's perfect will be done in and through me. I pray in faith and go about my daily activities in the confident assurance that God is guiding me to make right decisions, to choose right paths.

I need not be concerned about tomorrow; I need not see the entire answer or solution to some problem. I need only to live today in the conscious awareness of God's presence. I need only to trust all things to Him. Step by step, thought by thought, God is guiding me into right paths, He is revealing the way of my happiness and my highest good.

♣ *I will instruct thee and teach thee in the way which thou shalt go.—PSALMS 32:8.*

Monday

THE UNDEFEATED POWER OF CHRIST IN ME
IS NOW CREATING NEW CONDITIONS IN MY
LIFE.

DO YOU realize that the power of Christ in you is unconquerable? Nothing can defeat it.

At this very moment the loving Christ is with you. No longer need you struggle and strain to make things come right. The infinite resources of Spirit are with you. You need only to seek the Truth with a loving, trusting heart, with the simple, unquestioning faith of a child. Learn to let go. Let Christ find expression in and through you.

When you let the Christ light and love shine through you, you find that difficult problems begin to dissolve. You experience a wonderful sense of freedom and release, as though a tremendous weight had been lifted from your shoulders.

Remember that Christ is the invincible One. Nothing, absolutely nothing can defeat Him! And remember that Christ is in you!

✦ *The mystery which hath been hid for ages and generations . . . Christ in you, the hope of glory: whom we proclaim.*—COL. 1:26, 27, 28.

Tuesday

FEBRUARY 26

I REFUSE TO CRITICIZE OR CONDEMN ANY MAN. I SALUTE THE CHRIST IN HIM.

“**Y**E ARE gods, and all of you sons of the Most High.” Every man is a son of God, every man has the Christ potentialities and powers within him.

When we are tempted to censure another, let us remember that he is a son of the Most High. Let us keep faith in the divine self of him. Often a person wrestling with a problem needs just one more loving prayer of faith to lift him over the last hurdle.

Whenever we bless someone, the principle of Christ love is immediately activated in a two-fold manner. Not only does it help the person on whom the loving thought is bestowed, but it also returns to bless the sender. As we daily practice the spiritual habit of blessing everyone we meet, it becomes second nature to us. Presently, it appears impossible for us to criticize another. Instead we automatically bless all persons along the way. Truly this is the high point of self growth.

✦ *He that loveth his brother abideth in the light.*—I JOHN 2:10.

FEBRUARY 27

Wednesday

THE LIFE OF GOD FILLS MY ENTIRE BEING AND FLOWS THROUGH ME, RENEWING, HEALING, SUSTAINING, AND STRENGTHENING ME.

THERE ARE healing forces continually at work in us, renewing and healing us, and giving us the strength to live useful, happy lives. It is good for us to think about this, to realize that the life within us comes from God. Through Him we are constantly being renewed, restored, and strengthened in every part of our being. Through Him we are maintained in a state of health and wholeness.

Instead of recognizing imperfection, let us keep our vision centered on the life of God. Let us know that we were created in His image of perfection, that His life has been in us from the beginning, that it continually flows in and through every atom and cell of our being. Daily we are renewed in strength and filled with vitality and perfect health.

God's will for us is now, and always has been, life and perfection. We are sustained and strengthened by His Spirit.

♣ *I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah.—JER. 30:17.*

Thursday

FEBRUARY 28

I AM A CENTER OF LOVE, PEACE, AND HARMONY IN MY WORLD.

I HAVE a world of my own, involving people, circumstances, and activities. What I think, how I act, and the attitudes I assume are important to my world. Through prayer I unify myself with the one source of all, God the good, and become a center of love, peace, and harmony.

"Father, I come to You in prayer. I let go of every fear, worry, or feeling of inharmony. I listen to You. I let You take charge of me and my world. Through Your presence in me I am a center of love, peace, and harmony. Within me is Your love. I am calm and poised, and all things in my world respond to my harmonious thought and attitude.

"Father, I pray for others and see them as centers of love, peace, and harmony. I see others as You see them. I give them into Your loving care and know that You are blessing them.

"Father, I pray for all nations and all people. I see Your love unifying all into one harmonious world."

♣ *Let the peace of Christ rule in your hearts.—COL. 3:15.*

NEW THOUGHTS FOR OLD

What is repentance?

The *Unity Sunday-School Leaflet* tells us, "The word repent means 'to change one's mind with regard to past or intended actions.' When we repent we get rid of the limiting thoughts and error beliefs that have stood in the way of our happiness and have prevented us from thinking and living in accordance with the highest standards of good."

Sunday-school teachers find the *Unity Sunday-School Leaflet* perfect for explaining Biblical quotations to their teen-age classes. It provides a wealth of excellent material to aid in preparing a lesson for any age group. Each month the *Unity Sunday-School Leaflet* includes a four-page *Leaflet* for each week, plus a *Teacher's Section* that gives references and explanations that throw additional light on the lessons. It costs only \$1 a year to have this valuable help.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

UNITY CENTERS

If you would like to attend a Unity center, consult your phone directory, or write to Unity's Field Department for the location of the Unity center nearest you.

The Picture-Story of Unity

Do you have teen-agers in your family? If so, you will be glad to know that starting in March, they will have the opportunity to read *The Story of Unity*, by James Dillet Freeman, in their *You* magazine. The inspiring account of the founding of Unity will be printed in condensed form, a chapter a month. And with the story many pictures of historical importance in the growth of Unity will be printed as well.

These pictures do not appear in the book, and most of them will be new to Unity friends, as they will come from the historical file of Unity's Reference and Research Library.

If you are not familiar with *The Story of Unity*, by James Dillet Freeman (priced at \$1), you, too, may want to follow its fourteen installments in *You*; if you have read the book, you might like to review it in condensed form and to see the many pictures of its beginning and growth up to the present time.

But be sure that teen-agers in your family know of this inspiring feature in *You* and have it at hand to read. A year's subscription for *You* is \$1.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

SURE CURE

A prescription for neutralizing a deadly poison is contained in the February 10 issue of *Weekly Unity*. In "Love Heals the Lover First," Gardner Hunting warns us that our little annoyances and resentments are forms of life-consuming, poisonous fear which quickly blazes into the deadly disease we call hate. Mr. Hunting shows us how to apply the antidote prescribed for this poison in the words: "Perfect love casteth out fear."

Weekly Unity is a faith-inspiring companion that visits all its friends each week, bringing faith, comfort, help and joy into each home it enters. It contains articles, poems, and features of outstanding quality. Of special value is the "Things to Be Remembered" column by Lowell Fillmore, president of Unity School. Mr. Fillmore's kindly wisdom is reflected in these articles as a beacon that guides others to God.

Why not invite this wonderful little eight-page magazine into your home to bless you, too? It is priced at \$1 for a year's subscription (52 issues).

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI



Thank You! Thank You! Thank You!

Joyful thank you letters from Prosperity Bank users flood the Unity mail each morning. Here are a few typical comments:

"I wish it were possible for everyone to know about this wonderful Prosperity Bank plan—there would be no poverty!"

"We don't have a large income, but we are always able to meet all our bills since I started using the Prosperity Bank."

"One of the most profound methods anyone could ever use—and it works!"

This plan can help you put the spiritual law of prosperity into action, too. Order your Bank on the coupon below today!

Unity School of Christianity, Lee's Summit, Mo.

Here is my order for three DAILY WORD gift subscriptions and a Bank in which to save the \$3 cost of these subscriptions.

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The True Easter Message

The wonders of growth and rebirth we witness each spring should remind us that this life that moves in the sprouting grass, the budding flowers and trees flows through us, and can be stirred up to increase our physical and mental powers.

Unity believes this to be the true Easter message. Unity students try to make Lent a joyous time to match the radiant spring season through following the Unity Lenten Program.

This program is based upon the book *Keep a True Lent*, by Charles Fillmore. It will give you new insight into the higher way of living that Jesus demonstrated. It contains forty-seven lessons for the Lenten season, seventeen introductory chapters to prepare you for your Lenten study, facts about Lent and its origin, and a foreword by Georgiana Tree West discussing Unity's positive approach to Lent.



Keep a True Lent is priced at \$1 a copy, and with it you will receive without charge the booklet *The Lenten Guide* to aid you in your Lenten study. (If you already have the book, a free copy of the guide booklet will be sent on request.)

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Winter Presence

ELEANOR HALBROOK ZIMMERMAN

Along this quiet ridge the snow lies deep,
And pointed firs stand silent as though here
Were all the mystery that winters keep
Where beauty's self has drawn one step more
near.

The squirrel has left his small tracks in the
snow,
The thicket sings with winds of coming night,
The western sky takes on a rosy glow,
And one star shines above me clear and
bright.

Beneath me in the vale the village lies
Tranquil with evening, and its houses show
Gold squares of light, and smoke signals that
rise,

To say that all is warm and snug below,
As though this hilltop peace of mine were one
With God's peace everywhere, below, above,
Within, without, a mystery begun
And finished in His great and steadfast love.

I know no dearer beauty than to find
His peace and presence in my heart and
mind!

